

New Spirit JOURNAL

How to Reconnect with Your Authentic Wildness



Now is the time for women to rise. We are being called forth to reclaim and integrate our authentic feminine wisdom and truth in our entrepreneurial endeavors, community service projects and roles as mothers, partners and friends. The current model, which has been shaped by a masculine overculture, has devalued and restricted some of the most powerful assets of our feminine nature. For centuries we have been collectively forced to

hide, forget and suppress our “authentic feminine ways.” And yet these gifts are desperately needed to heal our ourselves, our planet, and humanity.

By consciously reawakening and harmonizing with the qualities inherent to feminine nature, women can step into their authentic ways of being, empower themselves, and by example, empower others. Here are a few simple ways women can reconnect with their feminine gifts:

1. Connect deeply with the rhythms of nature. Before there were calendars, women were the original timekeepers. Naturally aligned with the cycles of the moon, the seasons, and the circular nature of life itself, women understood the power of transformation. Unlike the sun, which represents action, growth and fire, the moon rules the feminine ways of mystery, receptivity and water. As a culture we've been conditioned to favor daytime and fear darkness. This reflects a collective fear, denial and neglect of the authentic feminine nature, which includes the amplitude of darkness and depth. Joseph Campbell said with conviction “make your heartbeat match the beat of the universe, to match your nature with Nature.” When you truly tune into the cycles of the moon and the circular rhythms around you, you will come into alignment with a universal flow, all things invisible, and the great mystery. This connection with the sacred will foster an inner knowing, which you can rely upon to guide you.
2. Connect to the emotions in your body. Emotions are meant to serve as a valuable guide. Once respected, somewhere along the way emotions were given a bad rap and women were shamed for expressing them. Emotional women are often labeled as crazy (think of the word “lunatic”), and criticized for creating drama. It's painful for women to contain their emotions, because emotions are naturally wild. Women are wild. The authentic feminine is wild and by nature she needs to fully express herself in healthy and productive ways. Magic happens when women are allowed to feel and connect with their own emotions, because it allows them to feel other people with empathy and compassion. This creates deep connection, integrity, positive action and healing.
3. Tune into your “inner compass.” The sixth sense is intuition, a receptive sensory channel unique to each person that our ancient ancestors relied upon for authentic guidance. In the modern world it's

easy to get caught up in the busy, hectic lifestyle our society has structured. But that driven (over-achiever) mentality is part of the masculine construct that doesn't value the stillness we all need. It invariably cuts us off from our inner knowing and intuition. In the quiet spaces between actions we can better hear our gut feelings, which are always there to guide us. Connect with your body, open up and let yourself become a receptive conduit for insights and universal wisdom. Let your intuition help you reclaim your authentic feminine nature in powerful ways.

What the world needs most right now is the feminine voice of truth, which can only come from the power a woman holds in her body and her intuitive connection to nature, Spirit and humanity. These are the original gifts women have carried throughout time.

In healthy and thriving ancient indigenous cultures women were looked to as the leaders. Women made all the decisions, because they were natural feelers and they knew from nature, their own intuition and their inherent emotional wisdom what the children, their environment and the collective tribe needed to maintain health, well-being and unity. Redefining what it means to be a modern woman requires expanding the definition to include these powerful assets.

When the Dalai Lama said, "The world will be saved by western women," he was declaring that the time is right for us to express our feminine fullness, and utilize our gifts to lead the world back into health and balance.

ABOUT AUTHOR

LUCINDA BAKKEN WHITE

[Website](#)

Lucinda Bakken White is the author of the memoir, "Confessions of a Bone Woman: Realizing Authentic Wildness in a Civilized World." White is also an Inner Wildness Guide, helping women through the process of self-discovery and personal transformation. For more information visit <http://>

lucindabakkenwhite.com/ and connect with her on Facebook, Twitter, Pinterest and Goodreads.